

from the kitchen

By Joan Pinkham

Economical, careful, secretive, slow, cold, pessimistic — that's a Capricorn for you. Everywhere we go, people seem to be aware of their horoscope and believe the signs of the Zodiac influence their lives. If the above sounds like someone you know and if they're also musically inclined and hard workers, ask them if they were born between Dec. 21 and Jan. 20.

Sounds to me as though they must be superbly qualified to cope with these hateful, climbing food prices. Careful shopping and economical planning make a trip to the supermarket challenging. Few can afford a carefree dash to pick up a few steaks for the night's meal. A casserole such as Millie Carr's Hot Tuna Salad is a pleasing substitute.

1 6 1/2 oz. can tuna, drained

1 tsp. onion

1 tsp. parsley

1 tsp. parsley

1 tsp. pimento

1 small can mushrooms

Combine above ingredients

and pour into small casserole.

Topping:

1 egg white, beaten

1/2 tsp. sugar

1 T mayonnaise

1 T lemon juice

1 T grated cheese

1 slice bread, cubed

Beat together egg white and sugar. Blend in mayonnaise and lemon juice. Heat until warm and pour over tuna mixture. Top with cheese and bread cubes. Bake at 350 degrees for 20 min.

"I've got four kids," says Fred Wintzner. "If I take everybody out to MacDonald's, it's \$12 and my wife loves me. If I take them out to an ordinary restaurant, it's \$35 if I'm lucky." However, little touches such as candlelit tables discovered at a MacDonald's in Philadelphia and a fancy MacDonald's in the showpiece Water Tower Place in Chicago, can boost the price of such family outings. Many children (and grown-ups) would consider Hope Warren's luscious Faery Gingerbread a treat. This is an old recipe from Mrs. Thomas

Bailey Aldrich which Mrs. Warren served her three children and, later, theirs. Bake at 400 degrees in cupcake pan for approx. 20 min.

Beat one egg

Add 1/2 c. molasses

1/2 c. melted butter

1/2 c. sugar

Mix together:

1 c. flour

1 tsp. soda

1/4 tsp. each cinnamon, ginger and nutmeg

Mix dry ingredients with first four ingredients and add: 1/2 c. boiling water before placing in oven.

It takes neither time nor money to create a pleasant setting for even the simplest meal. Candlelight, attractive placements and a little basket with a flowering plant stolen from the windowsill, make the dreariest dish more appealing. Serve what you will on your prettiest plates and follow with Mrs. Warren's dessert and your family may be so impressed, they may never want to eat out again. Called Mrs. Lanier's Dessert, this is another family favorite of the Cohasset matron's.

6 oz. chocolate bits
3 T. hot, strong coffee
2 eggs
2 T rum

1/4 c. boiling water

Blend in blender for two min. Top with ice cream, or whipped cream.

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SSH Trustee

William Clark, director of South Shore Hospital, has been elected to the Board of Trustees of the Massachusetts Hospital Association to serve until 1980. He was nominated to the post by the Metropolitan Hospital Council of which he is president to represent the Council on the Board of the Association. He will fill the unexpired term of George Sabbag of Parker Hill Medical Center who has retired.

Clark is also vice-chairman of Hospital Services of New England. He is a member of

the American College of Hospital Administrators, a member of the American College of Medical Administrators and a corporator of the South Weymouth Savings Bank.

He came to South Shore Hospital in 1970 as assistant director, and was appointed director by the Board of Trustees the following year. He had previously been assistant administrator for the Arnot-Ogden Hospital in Elmira, N.Y., and assistant controller at Wesson Memorial Hospital, Springfield.

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Wildland Saved

Some 84 acres of wildland in Plymouth near Savery Pond in the Ellisville section has been donated to the Plymouth County Wildlands Trust for Conservation purposes by Albert and Laura Marsh of Ellisville. This land has been in Albert Marsh's family for six generations coming down from Thomas Ellis.

The Plymouth County Wildlands Trust, a non profit land trust, approved by Federal and State regulations was established six years ago for the purpose of accepting land gifts or land conservation restrictions. Such land is held by the PCWT in its natural state as requested by donors in perpetuity. The PCWT is governed by a board of five Trustees and 10 Directors.

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